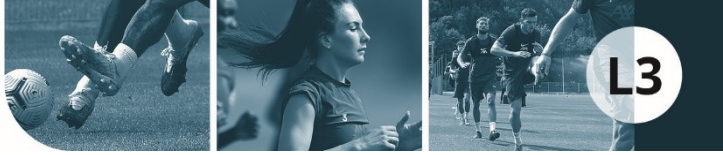

BTEC Assignment Brief

Qualification	BTEC Level 3 International Diploma Qualifications in Sport BTEC Level 3 International Extended Diploma Qualifications in Sport
Unit number and title	**Unit 7: Personal Training and Programming**
Learning aims	B: Explore client health and wellbeing to plan personal training programmes C: Explore personal training methods and programming
Assignment title	
Assessor	
Issue date	
Hand in deadline	This unit would benefit from employer involvement in the form of: • work experience • visits to health and fitness centres • guest speakers • support from fitness professionals as mentors. For this unit, learners must have access to: • gym equipment, to include cardiovascular machines, free weights and fixed weights • recording equipment, such as a video camera, a tablet, a voice recorder • a range of field fitness testing and health screening equipment • normative data for interpretation of test results • suitable exercise facilities and equipment, for example a gym with cardiovascular equipment, fixed resistance machines and free weights • access to other fitness environments such as outdoor facilities, sports hall, studio. Sufficient time must be given between the first and last session of the personal training programme in order for assessment to demonstrate improvements for the client. All practical assessment must be conducted in a real-world environment, in the workplace, where possible 'on the job' at work, or as close to as possible to replicate a working environment. Ideally, learners will complete the practical aspect while on work experience/placement. The assessment should be conducted with real clients/participants and not with peers. A real client and/or participant is someone who is a member of the club/facility or equivalent for self-employed trainees. The real client/participant must not be enrolled on the same qualification as the learner at the same time

Vocational Scenario or Context	Your report in the club newsletter was well received -

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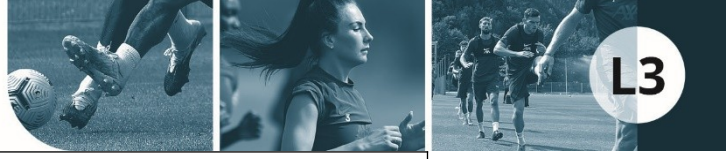

	well done To increase your knowledge and understanding of the role of a Personal Trainer you have now been asked to conduct a screening process with two contrasting clients and complete health screening tests. This will allow you to assess their results and provide recommendations as to how they can look to safely improve their lifestyles. You have also been asked to produce written guidance on different types of training for specific components of fitness and how these can be adapted to meet the needs of specific clients. Include in your guidance a Personal training programme for your two contrasting clients Successful completion of this task will potentially help you to progress to paid employment in the health and fitness industry or alternatively to progress to further study in higher education. Good luck

Task 1	Working with two contrasting clients carry out different methods of lifestyle assessments and screening selecting the most appropriate methods in order to gain the maximum amount of information and understanding of their lifestyle, Within your assessments consider any medical conditions that may affect their readiness to exercise and their training programme aims. You will review the strengths and weaknesses of different types of methods to improve regular participation in regular exercise for each client and recommend the methods that are most appropriate for each client ensuring that you provide appropriate recommendations for exercise and lifestyle management in line with their specific identified requirements. Ensure you can evaluate how the results can have an impact on your client's lifestyle and training programme Safety is paramount so establish any requirements for each of your clients to help them to exercise safely in relation to the information supplied in the screening processes. Ensure you assess any special considerations or requires referral to a medical professional as appropriate Feedback the results of the screening process to your clients sensitively and ensure the clients understand what these results mean. Ensure you follow legal and organisational requirements to enable ethical, and compliant collection and storage of client information.

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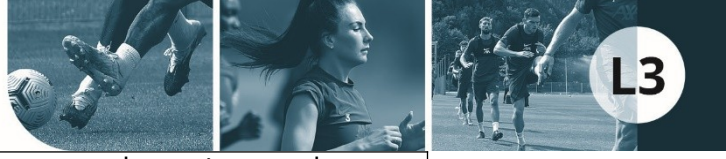
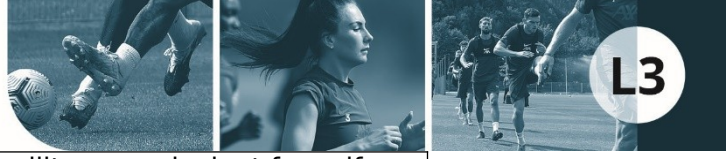


	Visual/audio evidence of you carrying out screening processes will be required. Following the screening sessions, you are required to design two 6-week progressive personal training programmes for your two contrasting clients ensuring effective integration of all exercises and physical activities to allow clients to achieve short, medium- and long-term goals. The training programmes will cover between them cardiovascular fitness, muscular strength, muscular endurance, flexibility and functional training. Ensure you include relevant adaptations to meet your individual client's needs and justify why you are recommending the training method. Review the personal training programmes for each of your clients and provide an overview in relation to the strengths of how the plan is progressing in meeting the needs of each of your clients in relation to their lifestyle and fitness goals and also any challenges the clients may face to support them to meet the requirements of the training programme.

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
B.P4	Carry out client screening processes and interpret the results for two contrasting clients demonstrating methods to develop good working relationship.
B.P5	Explain methods to improve client participation in regular exercise to provide benefits to their health and wellbeing.
B.M2	Assess client screening information from two contrasting clients and provide lifestyle recommendations to improve each individual's participation in regular exercise.
C.P6	Demonstrate correct technique and adaptations for cardiovascular, muscular endurance, muscular strength, flexibility and functional exercises.
C.D7	Produce safe personal progressive training programmes for two contrasting clients.
C.M3	Assess the personal training programme for each contrasting client.
BC.D2	Justify lifestyle recommendations and the personal training programmes produced for two contrasting clients to improve their health and wellbeing.

Checklist of evidence required	Visual/audio evidence of you carrying out screening processes. Written guidance analysing results Two six-week training programmes to include recommendations To note: All practical assessment must be conducted in a real-world environment, in the workplace, where possible 'on the job' at work, or as close to as possible to replicate a working environment. Ideally, learners will complete the practical aspect while on work experience/placement. The assessment should be conducted with real clients/participants and not with peers. A real client and/or participant is someone who



	is a member of the club/facility or equivalent for self-employed trainees. The real client/participant must not be enrolled on the same qualification as the learner at the same time
Other assessment materials attached to this brief	